

How the Class Works:

LIVE! Weekly Webinars Online

Tuesdays from noon -1 p.m. CST
February 5 – March 19, 2013

Can't make it Tuesdays?

Recorded Webinar sessions will be available for viewing at your convenience 24-48 hours after each Tuesday session.

On-line Support:

- Submit questions to instructors
- Interact with other participants
- Access to handouts, links, and resources

Prefer attending the class with others?

To find a location near you, go to:

liferaydemo.unl.edu/web/fnh/food_fitness

Registration:

Registration Fee: \$15; Includes wellness kit, postage and class fees

Register online / credit card:

<http://go.unl.edu/healthyliving>

Register by Mail: Complete form & mail with payment.

Early Registration: Dec. 10, 2012 – January 22, 2013

Late fee: \$20 after Jan. 22, 2013

Cancellations – Before Jan. 22, Call: 800-328-2851 or 402-472-1772

What graduates have said about UNL Extension's classes:

"I would recommend UNL extension programs to everyone! I have found them very informative as a childcare provider and parent. What I like best is that I can do it from home and don't have to go anywhere to learn more about health, safety and nutrition."

"I really liked doing the program on line. I work from 5:30a.m. til 11:00 p.m. and every other weekend. So when the kids are a sleep at night, is when I do the programs."

"Very informative program, and you get the feeling you are one big group going for the same goal."

"A great program where you learn how to manage a lifestyle with food and exercise plus meeting some wonderful people who are also participating."

Questions & more Information:

Lisa Franzen-Castle, MS, RD, PhD
Extension Nutrition Specialist
E-mail: lfranz2@unl.edu
Phone: 308-632-1256

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

UNIVERSITY OF
Nebraska
Lincoln

EXTENSION

Know how. Know **now**.

Recipe for Healthier Living with Food & Fitness



**Class runs Feb. 5 –
March 19, 2013**

**Registration opens
Dec. 10, 2012**

Space is limited!





Recipe for Healthier Living with Food & Fitness

This seven-week series of interactive sessions is focused on helping you:

- Develop goals to improve or maintain health
- Balance calories to manage weight
- Know which foods to increase
- Know which foods to reduce
- Increase your physical activity level

Program Topics Include:

- Goal setting and tools for tracking
- Healthier beverages and snacks
- Fitting in Fiber
- The real scoop on sugar
- Be sodium savvy
- Facts about fat
- Meal planning
- Physical activity breaks that cover: Balance, warm-ups and cool-downs, endurance, flexibility, and upper and lower body strength



Recipe for Healthier Living with Food & Fitness is a wellness program for adults that is interactive, convenient, and flexible, has lots of variety, and can be a little or a lot depending on what you want. You can take the class alone; get together with co-workers or friends, or a combination of both depending on your schedule. It is also a great worksite wellness class that can be taken over the noon hour.

Name (first and last): _____

Phone: _____ E-mail: _____

Company name: _____

Address (mailing address for wellness kits to be sent via U.S. Postal Service): _____

City, State, Zip: _____

Attendance (check one): _____ On-line only OR _____ Host site (specify location): _____

Special Needs: _____

Mail (with \$15 check payable to University of Nebraska-Lincoln) by January 22nd to:

UNL CARI Registration Services

Attn: Audrey George

103H Miller Hall

Lincoln, NE 68583-0711